

Your Weigh...Together

Is a free group weight management program that supports individuals in transforming the way they approach weight management. The program includes 10 consecutive weeks of professional sessions in a group interactive and supportive environment. You'll receive:

- Individualized one on one support for goals and planning
- A web-based food and activity tracking tool with meal plans and grocery lists
- Nutritional Booklet of menu items offered by popular restaurants
- A personal measurement of resting metabolic rate (RMR)
- Strategies to deal with your eating triggers
- Digital Pedometer

There is a 10 participant minimum and 25 participant maximum to hold a program. If you are interested in participating, email wellness@baltimorecity.gov or contact Lisa Evans, 410-396-3872 **NO LATER THAN AUGUST 1, 2014**. It is anticipated the program will begin mid-September based on interest. **You can also recruit 10 or more of your co-workers and a program can be held within your agency!**